



"People helping
people help
themselves."

Division of
Mental Health
and Addictions

Logansport State Hospital

THE SPECTRUM

In this issue:

Cover 1

Spyke The
Psyche..... 2 - 4

ERD..... 5 - 7

Policy Updates
..... 8

Carnival 9

Blood Drive .. 10

The Book Nook
..... 11

Spotlight.....
..... 12 - 14

Fresh Feature...
..... 15

Golf Tournament
..... 16

Corporate
Challenge
..... 17 & 18

Culinary Corner
..... 19 - 21

Gift Lift..... 22

Dance 23

Upcoming
Events 23

Who Am I?.... 24

Vol. 17, No. 10
October

Great
articles
and
yummy
recipe's.

Take a peak inside, if
you dare!





SPYKE THE PSYCHE



Mental health experts: No Halloween psychos

Advocates and federal agencies work to rid Halloween of mental-illness themes

[Mental health](#) professionals and advocates are battling to take themes of mental-illness out of Halloween.

The [National Alliance on Mental Illness](#) says Halloween celebrations depicting psychoses and insane asylums victimize the [mentally ill](#).

“Looking at it through the specific prism of Halloween, stigma is one of the main barriers to people getting help when they need it,” said Bob Carolla, a spokesman for NAMI, a mental health advocacy organization based in Arlington, Va.

“The stigma is linked to the perception of violence, even though research indicates that people with [mental illness](#) are no more prone to violence than the rest of the population,” Carolla said. The culprit? “It’s often a haunted house attraction dressed up with some kind of mental illness theme, usually presented as an insane asylum,” he said.



SPECTRUM

Logansport State Hospital
1098 S. State Rd. 25
Logansport, Indiana 46947

The Spectrum is published and distributed on the second payday of each month for employees, retirees, and friends of Logansport State Hospital.

Darrin Monroe.....Editor & Photographer..ext. 3803
Tressa Bowman.....Supt. Secretary.....ext. 3634
Chris TaylorComm. Servicesext. 3709
Maureen GuimontPersonnelext. 3626
Brian Newell.....Librarianext. 3712
Marjorie Potts.....Staff Development.....ext. 3801
Sue BennettService Line Manager. ..ext. 3846
Erica DeeterHousekeeping.ext. 3689

Haunting haunted houses

A NAMI project called StigmaBusters, meant to shift attitudes about mental illness in popular culture, has had some success making direct appeals to organizations that use insanity themes. If a film, program or event is seen as stigmatizing the mentally ill, StigmaBusters, and NAMI affiliates throughout the country, contact the producers through e-mail alerts. StigmaBusters has more than 20,000 e-mail subscribers, including hospitals, media outlets, and universities.

A community haunted house, sponsored by the Wheaton, Ill., Jaycees, changed its “Insanitarium” theme this year, after objections made public by the project. “We realize that mental illness is a serious problem that can have a great personal impact on many lives,” the organization said last week on its Web site announcing a change in the 2006 theme, and apologizing for the “Insanitarium” concept.

A pop-culture staple

Images of the mentally ill have been a staple of movies and television for years. The 1978 film “Halloween” followed Michael Myers, an escapee from a mental institution, on a murderous Halloween-night rampage. The film, considered a pioneer of the slasher movie genre, has been re-released this month. “Halloween 9” is set for release in October 2007.

Amusement parks have also adopted psycho themes. Paramount’s Kings Island, a park near Cincinnati, Ohio, continues to advertise “The Asylum” and “PsychoPath,” two of its Halloween attractions for “Fearfest 2006,” despite NAMI’s objections. “We’re really appealing to teens and young adults, and we’re using the theatrics of thrillers they enjoy,” said Maureen Kaiser, spokeswoman for Kings Island, in defending the attractions. Kaiser said that none of the park’s attractions “are intended to offend anyone or to make light of mental illness, adding that no park customers had complained. But she said NAMI’s objections would be considered in shaping the “future of the attraction.”

No 'psycho' costumes? Have the experts gone too far?

'Perception rather than reality'

For Carolla, negative perceptions of mental illness in pop culture can be as much implied as shown. "It's perception rather than reality," Carolla said. "Besides the Halloween movies, you've got the film 'Psycho,' and there've been others. Sometimes it's violent movies. Sometimes it's comedies where people with serious [mental] illness are presented as the butt of jokes." "It's pervasive throughout the popular culture, which is one of the reasons this is so difficult," Carolla said. "You don't necessarily find organizations outside the mental health community willing to take on the cause and contribute to anti-stigma efforts."

Bigger than Halloween

That said, Carolla says progress has been made in cultural depictions of the mentally ill that extend beyond specific Halloween themes. Carolla said the USA Network drama "Monk," whose main character is an obsessive-compulsive detective, has attracted positive response from the mental health community for its depiction of that disorder. (USA Network is a property of NBC Universal, parent of MSNBC); And he called the 2001 movie "A Beautiful Mind" "a tremendous breakthrough in terms of educating the public about schizophrenia."

The Entertainment Industries Council, a group that focuses the entertainment industry on health and social issues, has just produced a guide for screenwriters to use as [a reference on bipolar disorder](#).

And on Nov. 29, the U.S. Department of Health and Human Services, the Substance Abuse & Mental Health Services Administration and the U.S. Advertising Council will start a national anti-stigma campaign, with public service announcements, aimed at changing the public's perception of mental illness.

By [Michael E. Ross](#)

Reporter, MSNBC

Employee Recognition Day

Employee Recognition Day 2007 became Employee Recognition Week for Logansport State Hospital employees. During the week of September 24th, special dress days were designated for favorite sports team, patriotism, cultural pride, and the 50s-60s-70s era. There was a lunch-hour recreation event at Thomas Field on Monday; several service lines and departments participated in the cultural pride food carry-in on Wednesday. The annual awards presentation and picnic took place on Thursday, September 27.

Superintendent Paul Brock opened the awards presentation with the following remarks, *"I have the pleasure to recognize the staff of Logansport State Hospital, who make quality care a reality for the clients we serve. We are truly blessed to have committed staff to hallmark Logansport State Hospital as a healing place of excellence. Our culture of continuous improvement coupled with embracing the recovery model places us in a position of positive hope for the future."*

"I would like to recognize not only those staff members who are receiving awards here today, but all the employees who work diligently to ensure that our clients receive the utmost in care and compassion. I would also like to recognize the Employee Recognition Committee for their hard work in organizing this time-honored tradition at Logansport State Hospital. Appreciation is extended to the Morale Boosters Committee and the Senior Executive Board for their generous support. Join me in celebrating the hard work that you do for the safety and care of our clients." This year 106 employees were recognized representing 1,545 years of service to the State of Indiana from five years up to forty-five years.

Responding to past employee comments, we had award presentations and a grilled meal for all three shifts beginning at 7:15 am and ending at 7:30 pm. Superintendent Brock presented awards to staff on each shift, while Senior Executive Board, Morale Booster and Employee Recognition members served the grilled hamburgers and hotdogs, as well as boxed carryouts. Door prizes were provided by SEB and the winners were Mary Riggie (midnights), Richard Smith (day), Angie Robertson (day) and Karen Kesler (evening). Katie was the winner of the Cutest Grandchild Contest, who is Marilyn Baker's (RTA-Dodd) granddaughter. She received a \$100 savings bond.

"Our goal is to make this traditional event enjoyable for our employees," states Maureen Guimont, Chair of the Employee Recognition Committee. "Attendance was not what we hoped for, but we are committed to continuing this tradition. Fundraisers make this event possible and LSH employees have been very supportive of these fundraising efforts. We have tried to expand activities each year in response to employee comments. Once again, we are asking for employee input to better plan for next year."

The Employee Recognition Survey is available on the LSH Intranet under SharePoint Services, or paper copies are available in the HR payroll office. The survey began on October 10th and runs through October 31st. Ms. Guimont reports, "In the first week of the survey, only forty-three responses were received, which only represents 5% of LSH employees. We want to encourage all employees to participate in this survey."

Thanks to our favorite photographer (AKA Darrin Monroe), you can view the 150+ photos of Employee Recognition events on the LSH Intranet under SharePoint Services. For a list of employees recognized, attendance numbers and survey results, see updates on SharePoint Services.





Policy Update

Revised

A-41 *"Weapons Policy"*

A-44 *"Personal Possessions of Patients"*

C-32 *"Pain Management Policy"*

C-27 *"Code Blue"*

F-04 *"Acceptance of Money and Valuables"*

H-5 *"Medical Care - Work Related Injuries"*

H-24 *"Employee Tuberculosis Screening Policy"*

IM-1 *"Hospital Forms Oversight & Duplication"*

IM-34 *"HIPAA Compliant Access and Indiana Protection & Advocacy"*

**** Staff should review the above policies on the Intranet or in the manual.**



CARNIVAL

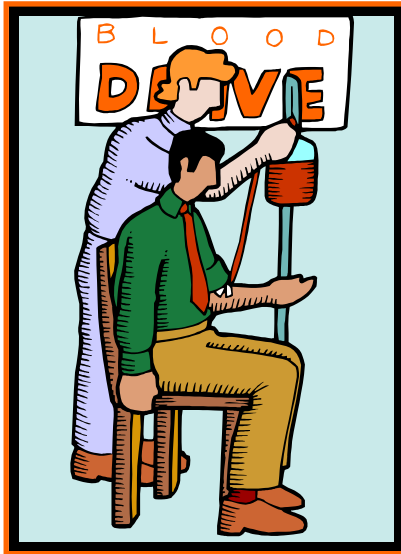
It started out a chilly one on September 14th, as the carnival began. But it, seemed like in no time, the patients were really heating up playing all of the games and winning tickets for prizes!

Several patients and staff had fun playing, toss bingo, ring toss, and balloon busts, just to name a few of the games! The librarian, Brian Newell, laughed as the patients dunked him in the dunk tank several times!

This year's carnival was a success thanks to everyone involved. Everyone already looking forward to next year's carnival!



Blood Drive



The most recent blood drive was held in the Fogel Auditorium on August 30, 2007. This year's goal was to have 30 donors. We almost made it! The following are what our results were:

Goal: 30

Presenting: 29

Deferrals (things such as low iron, traveled to funky places, etc.): 6

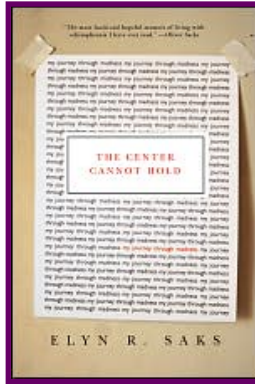
QNS (problems with the actual blood draw): 0

Double Red Cells Units: 4

Thank you to all those that participated! The next blood drive will be November 9 in the Fogel Auditorium from 10am-3pm!

THANK YOU!

The Book Nook



From the Publisher...

Elyn Saks is a success by any measure: she's an endowed professor at the prestigious University of Southern California Gould School of Law. She has managed to achieve this in spite of being diagnosed as schizophrenic and given a "grave" prognosis -- and suffering the effects of her illness throughout her life.

Saks was only eight, and living an otherwise idyllic childhood in sunny 1960s Miami, when her first symptoms appeared in the form of obsessions and night terrors. But it was not until she reached Oxford University as a Marshall Scholar that her first full-blown episode, complete with voices in her head and terrifying suicidal fantasies, forced her into a psychiatric hospital.

Saks would later attend Yale Law School where one night, during her first term, she had a breakdown that left her singing on the roof of the law school library at midnight. She was taken to the emergency room, force-fed antipsychotic medication, and tied hand-and-foot to the cold metal of a hospital bed. She spent the next five months in a psychiatric ward.

So began Saks's long war with her own internal demons and the equally powerful forces of stigma. Today she is a chaired professor of law who researches and writes about the rights of the mentally ill. She is married to a wonderful man.

In *The Center Cannot Hold*, Elyn Saks discusses frankly and movingly the paranoia, the inability to tell imaginary fears from real ones, and the voices in her head insisting she do terrible things, as well as the many obstacles she overcame to become the woman she is today. It is destined to become a classic in the genre.

Send your book requests to bnewell@fssa.state.in.us or call ext. 3712. New books are ordered each month—everything from Applied Tracer Methodology to Autism.



October is American Pharmacy Month

The fully-staffed pharmacy team includes the Pharmacy Director, Clinical Pharmacist, Staff Pharmacist, five Licensed Pharmacy Technicians and a Certified Pharmacy Technician. Pharmacy will be celebrating Pharmacy Month with an open house, a carry-in for staff, and a themed dress up week.

Carol Pasquale, Pharmacy Director, has thirty-seven years of service at LSH. She manages every aspect of the pharmacy operations. Carol is responsible for many reports for P&T and the physicians. She is part of the P&T Committee as well as many other committees.

Leticia Jones has nine years of service. She is a professor at Butler with preceptor responsibilities as well as the Clinical Pharmacist duties for LSH. Students from Butler University will begin their Pharmacy student rotations in January 2008.

Jason Rowe became the Staff Pharmacist December 2006. He came to us from CVS in Lafayette. His primary responsibilities are in Medication Distribution and he is becoming an expert in Medicare-D billing.

Peg Squier, Licensed Pharmacy Technician, has ten years of service. She is responsible for ward stock baskets, maintaining inventory, the Pyxis machine, and record filing as required by law.

Summer Johnson, Licensed Pharmacy Technician, has eight years of service in the pharmacy. She is responsible for the Isaac Ray, Southworth West and Southworth South units.

Heather Heckard, Licensed Pharmacy Technician, has eight years of service. She is responsible for the Larson units and Larson 1-East (Medical Services).

Jenny Nipple, Licensed Pharmacy Technician, has six years of service. She is responsible for the Dodds units.

Heather Kite, Licensed Pharmacy Technician, has one year of service. She is responsible for the Jayne English and CL Williams units.

Trina Hoch is the newest addition to our staff. She came to us in April from Herbst Pharmacy in Kokomo. She is responsible for correspondence, reports, Medicare-D problems and assists other Technicians and Pharmacists with daily work flow. She is a Certified and Licensed Pharmacy Technician.



Pharmacy Staff from L-R: Leticia Jones, Carole Pasquale, Peg Squier, Jason Rowe, Trina Hoch, Jenny Nipple, Heather Kite, Heather Heckard, and Summer Johnson.

***Join the pharmacy in celebration of Pharmacy Month
Pharmacy Open House
Wednesday, October 24, 2007
8:30 a.m. – 11 a.m and 1 p.m. – 4 p.m.
Light Refreshments will be served.***

What keeps the Pharmacy busy?

- * Technicians fill patient cassettes on Tuesdays and Fridays. Pharmacists check all the patient cassettes each time techs fill and update cassettes. This is for an average of 360 patients and about 120,000 doses per month.
- * Maintain patient records.
- * Filling of ward stock baskets weekly on Monday.
- * Label all creams/ointments/inhalers/insulin/EENT medications/concentrates.
- * Fill daily requisitions for all units.
- * Daily ordering and shelving of medications from the wholesaler.
- * Unit dose packaging of some medications.
- * Monthly billing claims and reports.
- * Maintain the test and live sides of pharmacy, physician, and nursing in the QuadraMed Computer System.
- * Pharmacists participate in P&T Committee.
- * Monthly drug use evaluations.
- * Filing of all law-required records.
- * Participation in unit treatment team meetings.
- * Work with a return company that handles all expired drugs.
- * Review patient medication regimens.
- * Printing of daily recaps for all units, weekly dietary report, weekly antibiotic report, delivery sheets, med reconciliation for admitted/transferred/discharged patients, drug monographs for all leave of absence prescriptions, monthly poly-pharmacy report for physicians and treatment center directors and many other reports for the monthly P& T meeting.
- * Reports requested by other departments.
- * Prepare and implement training on the QuadraMed computer system for Physicians and Nursing staff when needed
- * Assist other departments when needed and/or requested.
- * Maintain formulary in computer.
- * Maintain unit med carts.
- * Monthly med room inspections of all units.
- * Monitoring of pharmacy errors before and after cassette fills.
- * Daily logs of prescriptions filled.
- * Assist other departments as needed.

Anytime you need anything from the pharmacy please do not hesitate to call. The general number to the pharmacy is 2714.

FRESH FEATURE

Back/Upper Body Deskercises

These simple exercises can help ease the tension in your upper body. Give them a try.

Let's do the Twist

This torso twist stretch for the entire upper body can be done sitting right in your chair at the office. Perform it several times a day, whenever you get that “tense” feeling in your body.

Sit erect in a stationary chair with both feet flat on the floor. Look straight ahead. Slowly tilt your torso to the right as you reach around behind yourself with your right hand. Grasp the top right corner of your chair with your right hand. Complete the stretch by moving your left hand as close as possible to your right hand. Stretch as far as you can and hold it for 15 seconds. Repeat four to six times, twisting left and right, aiming to turn the body a little farther each time.

Tummy Twist

Performing this range of motion exercise several times a day will help prevent that tight, uncomfortable feeling in the trunk of your body that comes from sitting all day.

Stand with your feet shoulder width apart. Hold your bent elbows down at your sides with fists up. Lean slightly forward and twist side to side with your elbows leading the movement. Repeat for 30 to 45 seconds.

Seventh Inning Reach and Stretch

This Stretch is good for your arms and body trunk. Done slowly it also serves as a great relaxation technique. Try very hard not to bend forward as you lean to the right or left.

Stand with your feet spread shoulder width apart. Raise one arm, then bend over sideways reaching over your head, until your arm is parallel to the floor (or as far as you can). Hold for five to ten seconds. Repeat with other arm.

Tarzan Stretch

This is a good way to “open-up” the chest muscles after you have been sitting, leaning forward all day at your desk.

Interlace your fingers behind your back, palms facing in. Raise and straighten your arms, squeezing your shoulder blades together and “opening up” your chest. Hold for five to ten seconds. Repeat five to ten times.

Meacham Golf Tournament Winners

It was a beautiful day for golf on Monday 10/08/07 when the 12th annual Meacham Golf outing was held. Twenty-three players enjoyed the day with fun and socialization. For the 3rd consecutive year, the team of John, Sam, Jamie, and Larry won the event at five under par. Alicia and the gang fixed a wonderful meal and everyone won a prize. We would like to take time to thank all participants and helpers who make this event so fun each year! Thanks-Kevin, Rob, Rick, & John



Golf Tournament winners from L-R: Larry E. Smith, John L. Babb, Jamie Seitter, and Samuel S. Sterrett.

Corporate Challenge 2007

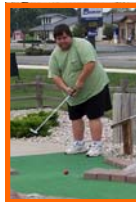
Corporate Challenge 2007 is complete! With Mother Nature cooperating, thirteen events were held in ten different locations around our community with NO rain issues. Over 950 people competed during the ten day challenge from 15 businesses! This year's most popular events within LSH's staff were mini golf, softball and the 1.5 walk! LSH had over eighty staff members participate in the challenge! We could not have had our 6th place finish without each and every participant because most of our points came from "participation points!" LSH placed 6th out of fifteen companies! We also had several medal winners that placed 2nd and 3rd in the Challenge!

Medal winners are:

- Jamie Seitter and Family – 3rd Place - Family Field Day
- IRTC Team – 3rd Place – Co-Ed Softball
- Adam Newness – 2nd Place – Driving Range
- Jamie Seitter – 3rd Place – Driving Range
- Ryan Nichols – 2nd Place – Chess
- Jamie Seitter – 3rd Place – Chess
- Mike Cogswell / Chris Wheatley – 2nd Place – Bowling

Thanks to SEB for sponsoring and enabling staff to play in this year's Corporate Challenge! See you all next year when we will come back with more participants and even more medals! Congratulations!





Culinary Corner

Halloween recipes

Try out these tasty recipes.

Curried pumpkin soup

Serves 4

2 tbsp	olive oil
1 large	onion, finely chopped
1 tbsp	mild curry paste
1kg	diced pumpkin
1l	low-sodium chicken or vegetable stock
200ml	pot natural yoghurt
Chopped chives, to garnish	

1. Heat the oil in a large non-stick saucepan and cook the onion over a medium heat for 5 minutes until soft.
2. Add the curry paste and pumpkin and cook, stirring for 2-3 minutes.
3. Add the stock and simmer for 20 minutes or until tender.
4. Allow the mixture to cool slightly and then put it in a blender and blend until smooth.
5. Return to the pan and stir in the yoghurt. Add ground black pepper to taste.
6. Spoon into bowls, garnish with chives and serve.

For a dramatic effect, you could serve soup, risotto or curry in a whole pumpkin cooked until just soft.

Pumpkin risotto

Serves 4

15ml	olive oil
1	small pumpkin, about 1.2 kg, seeded and cut into bite-size pieces
2	onions, finely chopped
2 g	arlic cloves, crushed
225g	Arborio rice
1 litre	hot low-sodium chicken vegetable stock
25g	freshly grated Parmesan cheese (optional)
Parmesan shavings, to garnish	

1. Melt the butter in a large heavy-based saucepan, add the pumpkin, onion, garlic and fry until soft but not brown.
2. Add the rice and continue to cook for 2 minutes, stirring all the time to coat the rice.
3. Add the stock to the rice and pumpkin mixture a small amount at a time, stirring continuously, allowing the stock to be absorbed before adding more. Continue until all the stock has been used up and the rice is cooked.
4. Stir in the Parmesan cheese (if using). Divide between four serving plates and sprinkle over the Parmesan shavings.

Banana and pumpkin bread

Makes 10 slices

100g	self-raising flour
75g	wholemeal flour
25g	wheatgerm
1 tsp	ground cinnamon
1/2 tsp	bicarbonate of soda
100g	soft brown sugar
100ml	rapeseed oil
4 tbsp	buttermilk or plain yoghurt
2	medium eggs, beaten
250g	coarsely grated pumpkin
1	medium banana mashed
50g	sultanas
50g	walnuts or pecan nuts

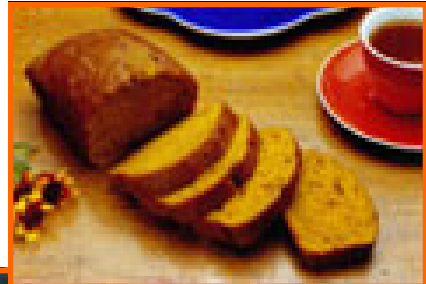
1. Preheat oven to 180°C/gas mark 4. Lightly grease and line the base of a 2lb loaf tin with greaseproof paper.
2. Sift both types of flour, wheatgerm, bicarbonate of soda and cinnamon into a large bowl. Stir in the sugar. Place the oil, buttermilk and eggs in a separate bowl and whisk to combine. Pour the liquid into the flour and beat with an electric whisk for 1 minute.
3. Stir in the pumpkin, banana, sultana and nuts and transfer the mixture to the prepared tin. Bake for 1 hour or until a skewer inserted into the middle comes out clean. Allow to cool in the tin for 5-10 minutes then carefully transfer to a wire rack to cool completely.

Banana and 3 Seed energy bars

Makes 9 bars

100g	polyunsaturated margarine
3 level tbsp	golden syrup
150g	porridge oats
2	bananas, about 250g in total, weighed with skin on
100g	ready-to-eat dried apricots, roughly chopped
25g	pumpkin seeds
25g	sunflower seeds
25g	sesame seeds

1. Preheat the oven to 180°C/gas mark 4. Lightly grease a 19x19cm baking tin and line the bottom with greaseproof paper.
2. Melt the margarine and syrup in a heavy-based saucepan until dissolved. Remove from the heat, add the remaining ingredients and mix well.
3. Spoon the mixture into the prepared tin, level the surface and bake in the oven for 20-30 minutes or until golden brown. The mixture will still be very soft in the centre.
4. Leave to cool in the tin for 10 mins., then cut into 9 squares. When cold transfer to an airtight container. Don't try to remove the bars from the tin while they are still warm because they will break.



Gift Lift 2007



If you are interested in helping with this year's Gift Lift, we are still in need of the following items to be donated to our Christmas Cottage:

Gift Lift Donation Needs:

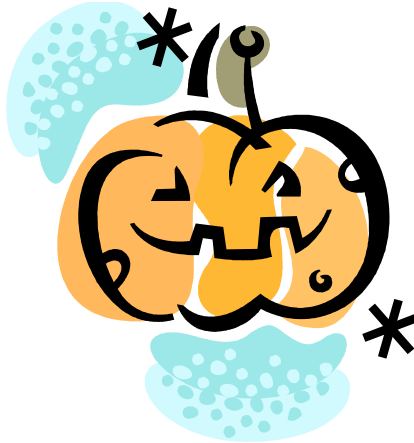
- Games
- Cosmetics
- CDs/Tapes
- Walkman Cassette/Radio
- Phone Cards
- Word Search Books
- Hygiene Items
- Puzzles
- Art/Craft Supplies
- Hand Held Electronic Games
- Wallets/Purses
- Calendars
- Stationery/Pens

If you have any questions or would like to drop off donations, please call Shadi at ext. 3708 or Chris at ext. 3709.

Thank you...

Halloween Dance

Upcoming *Haunted Halloween Dance* on October 31st will be held in Fogel Auditorium from 6pm-8pm! Come join the fun! If you are interested in volunteering to “spook” or to help decorate, please call Tina at ext. 3710!



UPCOMING EVENTS

- | | |
|--|--|
| 📅 October 25th - Clinton Co Gold Ladies & Creative Writing | 📅 November 11th - Morale Boosters Treasures and Delights |
| 📅 October 25th - Fire Safety Day | 📅 November 14th - Clinton Co Church lunch in Frankfort |
| 📅 October 26th - Sid Sitter in the library | 📅 November 15th - Creative Writing |
| 📅 October 26th - Fire Safety Day | 📅 November 16th - Sid Sitter in library |
| 📅 October 31st - Haunted Dance - Fogel Auditorium | 📅 November 19th - Tippecanoe Co MHA Bingo |
| 📅 November 1st - Creative Writing | 📅 November 21st - Catholic Mass |
| 📅 November 2nd - Sid Sitter in the library | 📅 November 23rd - Sid Sitter in the library |
| 📅 November 5th - Social Club at Cass Co MHA | 📅 November 26th - Purdue Bingo |
| 📅 November 8th - Creative Writing | 📅 November 28th - Purdue Bingo |
| 📅 November 9th - Sid Sitter in the library | 📅 November 30th - Sid Sitter in the library |

Who Am I?

Can you guess who this is?

If you can, call Darrin Monroe at # 3803 or e-mail: darrin.monroe@fssa.in.gov by November 9. All correct answers will be entered in a drawing sponsored by the Morale Boosters to win a free "Jumbo" soft drink at the Hillside Café.

Winners will be announced in the next Spectrum.

Need a hint?

After years of working with different minds at LSH, this witty "farm-boy-at-heart" is retiring to enjoy life along with one of his hobbies - singing!

Find out who this is in our next issue.

Last Issue:



Sarah Rutschmann



The correct guess and winner of a free Jumbo size drink is: Donna Rikard.

If you have an early picture of an employee and would love to have a little fun with it, call Darrin Monroe at # 3803.